

Women's Health

Upcoming Events

October 2025

Women's Health

Lunch & Learn Series

Join Amrita Kalra, MSc, RD, for the final session of a three-part series on women's health:

Part 3:

Menopause & Beyond

Tuesday, October 7 | 12 PM–1 PM

399 Park Ave.

Multipurpose Room Sub Level -2



Millennium Health Fair

Wednesday, October 15 | 11 AM–2 PM

399 Park Ave.

Multipurpose Room Floor -2

Wednesday, October 22 | 12 PM–2 PM

1111 Brickell Ave.

Multipurpose Room Floor 24



Visit the Millennium Wellness Center at the annual health fairs to pick up giveaways and learn more about our upcoming events.

Hormone Health and Stress: What Is the Connection?

If you are feeling exhausted, overwhelmed or not quite yourself, your hormones may be part of the reason, especially if you are experiencing ongoing stress.

Stress and Hormonal Imbalance

When you are under chronic stress, your body produces more cortisol, the primary stress hormone. Prolonged elevated cortisol levels can suppress or disrupt the natural rhythm of other hormones, including estrogen, progesterone and thyroid hormones. This may contribute to:

- Fatigue and poor sleep
- Irritability or mood swings
- Irregular or painful menstrual cycles
- Difficulty concentrating
- Weight gain, particularly around the midsection



These hormonal shifts can impact your productivity, emotional well-being and overall quality of life.

Stress, Sleep and Mood

Women are more likely than men to experience anxiety and mood disorders, particularly during life stages such as perimenopause, postpartum or periods of high stress.¹ Sleep disruption caused by stress can worsen hormonal imbalances and reduce emotional resilience.²

If your sleep feels off or your moods have shifted, your hormones might be a factor. A short clinical visit or simple blood test can help uncover what your body is trying to tell you.

1. J Psychiatry Neurosci. 2015;40(4):219-221. 2. Sleep Sci. 2015;8(3):143-152.

Tip: Speak with our nurse practitioners or physicians about stress-related hormonal shifts and available treatment options.

[Schedule Here](#) >>

How to Take Action

Hormones are chemical messengers that reflect how your body is functioning. If you have noticed changes in your energy, mood or menstrual cycle, it may be time for a deeper evaluation. Our nurse practitioners and physicians offer:

- Blood draws to assess cortisol, thyroid and sex hormone levels
- Nutrition and supplement strategies to support adrenal and hormonal health
- Mental health referrals when appropriate
- Practical, evidence-based strategies to reduce stress in both workplace and home settings

Tip: Schedule a visit to review your lab results and receive personalized recommendations. Feeling "off" does not have to be your new normal.

[Schedule Here](#) >>

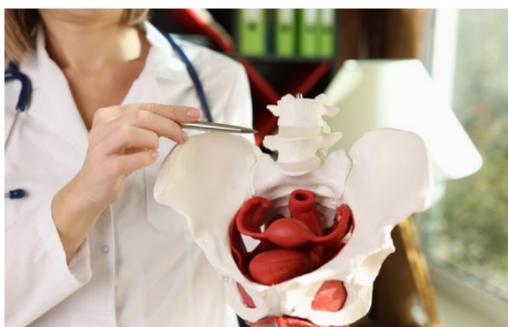
Did You Know

Spine and Pelvic Floor Health Are Connected

Your spine and pelvic floor form part of the same support system. Poor posture, hormonal changes and life stages can place added strain on both areas, often leading to back discomfort or core instability.

Why It Matters

- Long hours in a seated can shift the pelvis and strain the spine.
- Women's wider pelvic structure and unique spinal curvature can affect alignment.
- Pregnancy, postpartum recovery and hormonal shifts may weaken pelvic stability and contribute to back pain.



How We Can Help

Our Doctors of Chiropractors and Doctors of Physical Therapy address spinal alignment, posture, and pelvic stability through individualized treatment. Pilates-based exercises can further strengthen the core, improve posture and support both spine and pelvic floor health.

The pelvic floor acts like a well-constructed basement for a sturdy house. The more cement in the basement, the stronger the foundation.

—Lawson Harris
Pilates Program Educator/ Director

A Word from Our Affiliate

Get Ready to Hit the Pavement



Thinking about running the New York City Marathon?

HSS offers expert tips to help you train smart, from building a running base and avoiding overuse injuries to pacing your mileage and addressing interruptions. Learn how to prepare your mind and body for the big race.

[Click here to read more!](#)

Rehab Corner

Free On-Site Fitness for Millennium Employees

Your workday may end at 5, but your wellness continues. Take advantage of free on-site fitness classes led by certified professionals. Classes are designed to build strength, improve flexibility, and reduce stress.

Time: 5:30 – 6:15 PM

Location: 399 Park Ave.

Multipurpose Room Floor -2

Class Schedule:

- Monday: HIIT (High-Intensity Interval Training)
- Tuesday: Yoga
- Wednesday: Mat Pilates
- Thursday: Bootcamp

